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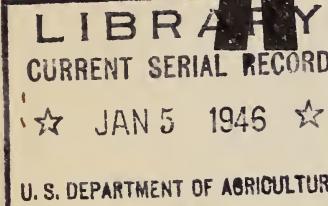
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# INDUSTRIAL NUTRITION SERVICE



For employee publications, and individuals  
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WAR FOOD ADMINISTRATION, Office of Distribution

Dallas, Texas  
February 1945

If decorations were given to foods for meritorious service to the family diet, eggs would come off with the blue ribbon. And now, just as the housewife's responsibility for stretching red ration points becomes more important, eggs are in abundant supply.

### EGGS AS A MEAT ALTERNATE

Eggs can be used as a main dish in place of meat or they can be combined with a small amount of meat. They rank high as a protective food because they contain such food elements as protein, B vitamins, vitamin A and iron, all necessary for health and vigor. Serve at least one egg a day in a variety of ways.

### EGGS IN COOKERY

We Americans take eggs very much for granted. Luckily for us, they have often been plentiful during the war when we need them most to stretch the red points. English women have cause to realize the true value of eggs as their wartime rationing allows one egg per month each month.

In cookery, eggs are used to thicken custards, puddings, and sauces. They leaven cakes and hot breads. They put the "wings" in angel food cakes, sponge cakes, and souffles. They bind together the oil and lemon juice or vinegar used in mayonnaise.



Buy either white or brown eggs because they're equally good. The difference is only in the color of the shells. Store eggs in the refrigerator to keep them fresh. Do not wash them before storing because washing removes the natural protective shell coating which helps to keep them fresh.

When egg whites have been used in a recipe and the yolks are kept until the next day, place them in a jar and cover them with a little cold water, then cover the jar tightly and place it in the refrigerator. This prevents a dry crust from forming.

#### THE "KNOW-HOW" OF COOKING EGGS

Low temperature is the secret to the most delicious results in egg dishes; even in hard-cooked eggs. Simmer them just below the boiling point for 25 to 30 minutes, then plunge them into cold water to cool before removing the shell. The yolk will be mealy, the white tender, and the shell easily removed.

Meringues should be baked for about 20 minutes at moderate heat - 325° F. - for best results. They are most delicious when delicately brown. Too high a temperature will give a tough meringue, one which is apt to flatten out when it's removed from the oven.

Custards, the age-old favorite of grown-ups and children alike, are best when baked slowly at 300° F. The time for cooking depends on the size of the container. Allow about 45 minutes for individual custard cups and an hour for larger containers.

Even in cooking scrambled eggs or fried eggs, slow heat produces the best, most delicious results.

Allow eggs to stand a few minutes at room temperature before beating them. Eggs at room temperature beat up to a larger volume than eggs right out of the refrigerator. Add a pinch of salt to the white for still more volume. Handle beaten egg whites gently if a light product is desired. Fold them into mixtures with a light over-and-under motion, mixing just long enough to incorporate the egg white.

Cool the filling of a cream pie before putting on meringue if you wish to prevent that watery layer forming under the meringue.

#### EGG DISHES FOR DINNER

Here are menus for egg dishes that make delicious family dinners, easy on the red ration points. Remember, get color into the meal with a crisp, flavorful salad or a relish. Color does much to make the meal appetizing.

1

Creamed eggs on toast  
Baked potato  
Cabbage and green pepper salad  
Whole-wheat bread with butter  
or fortified margarine  
Fresh fruit cup  
Peanut butter cookies  
Beverage

2

Cheese souffle  
Baked sweet potato  
Tossed green salad  
Enriched rolls with butter  
or fortified margarine  
Gingerbread  
Beverage

3

Scalloped eggs and ham  
Parsleyed potatoes  
Buttered broccoli  
Carrot strips  
Baking powder biscuits with  
butter or fortified margarine  
Chocolate pudding  
Beverage

4

Scrambled eggs  
Hashed brown potatoes  
Green peas  
Cole slaw  
Whole-wheat bread with butter  
or fortified margarine  
Apple pie  
Beverage

Additional recipes for egg dishes are found in "Egg Dishes for Any Meal", publication AWI-89, available free from the Southwest Regional Office, War Food Administration, 425 Wilson Building, Dallas 1, Texas.